



# Daily Dose

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**Monday, June 23**

**Welcome New Employees!**



**Luke Buchholz**  
Registered Nurse  
Emergency Room  
(per diem)



**Kris Knickmeier**  
Executive Assistant  
Nursing Administration  
(full-time)



**Kelley Pisz**  
Coding Specialist  
Health Information  
(full-time)



**Nadia Pearce**  
Certified Nursing Assistant  
Medical/Surgical Department  
(full-time)



# Happy Birthday!



Tina DeGroot  
Specialty Clinic  
June 22



April Marick  
Sterile Processing  
June 24



Andy Saul  
Occupational Health  
June 25



Gloria Campos  
Registration  
June 27



Kyle Primrose  
Surgical Services  
June 27



Jennifer Krogan  
Medical Imaging  
June 28



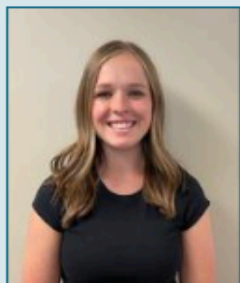
Zachary Purnell  
Lab  
June 28



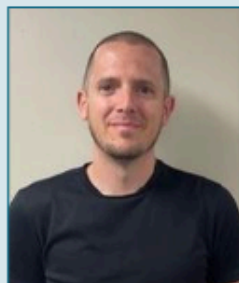
Hunter Woodard  
Sterile Processing  
June 28



# Happy Anniversary!



Ellie Johnson  
Operating Room  
June 24  
1 Year



Kevin Montoure  
Operating Room  
June 24  
1 Year



Heather Hautanen  
Emergency Room  
June 25  
13 Years



Katie Recupero  
Medical Imaging  
June 25  
13 Years



Renee Brandt  
Emergency Room  
June 26  
2 Years



Kiara Smyth  
Emergency Room  
June 26  
2 Years



Connie Gehin  
Medical Imaging  
June 27  
20 Years



Kathryn Forbes  
Rehab Services  
June 27  
9 Years



Brian Swain  
Accounting  
June 27  
9 Years



Leigh Auerswald  
Emergency Room  
June 27  
3 Years



Catherine Grabowski  
Cardiac-Pulmonary  
June 28  
4 Years

Jenny Ballweg  
Rehab Services  
June 28  
15 Years

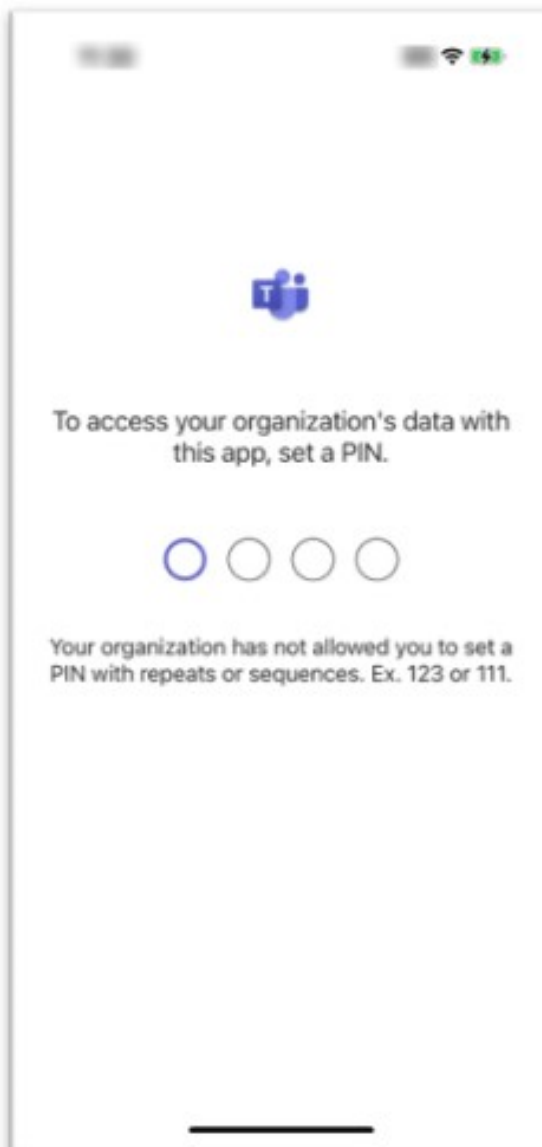
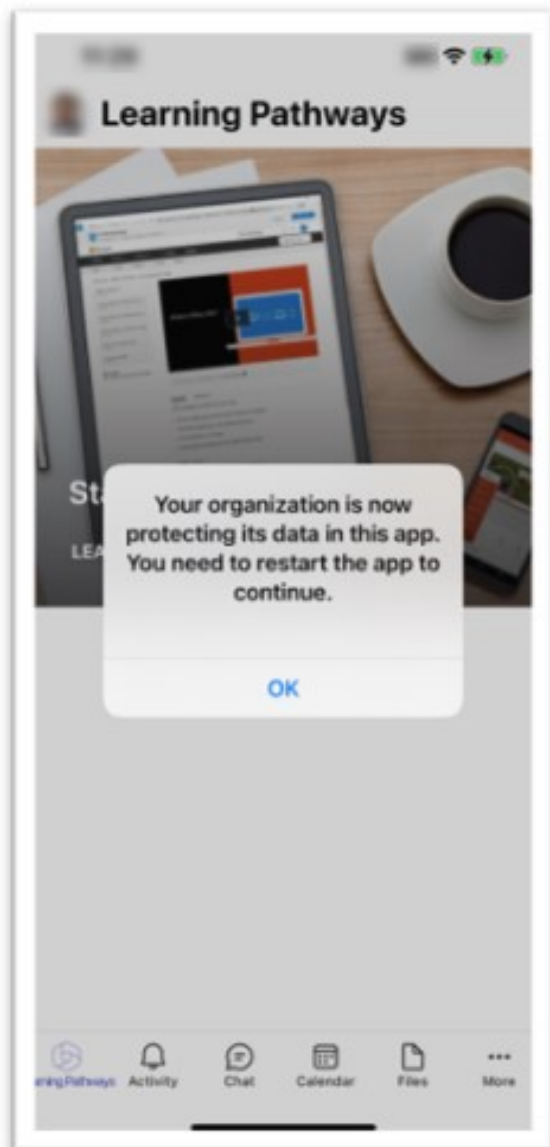
## Microsoft Office Mobile App Security Change

To further secure Stoughton Health data all Microsoft Office mobile applications will be changed to require a PIN or Biometric for authentication to access the applications. If you already have a PIN or Biometric authentication set for the lock screen of your phone, then it will utilize the same method. You will be prompted to reauthenticate once every 30 minutes of inactivity.

After the change goes into effect you will see the popup shown below stating "Your organization is now protecting its data in this app. You will need to restart the app to continue. ", once you click OK the application will close & need to be reopened. If you do not have a PIN or Biometric authentication already set on your phone's lock screen you will be prompted to set one up. Then once that is configured, you will then be prompted to authenticate in that method going forward when access the Microsoft Office mobile apps. The protected applications include Outlook, Teams, OneDrive, OneNote, etc.

Reminder: Microsoft Outlook app is the only allowed mobile application to access Stoughton Health emails.

This change will go into effect on June 25th.





# Tuesday, June 24

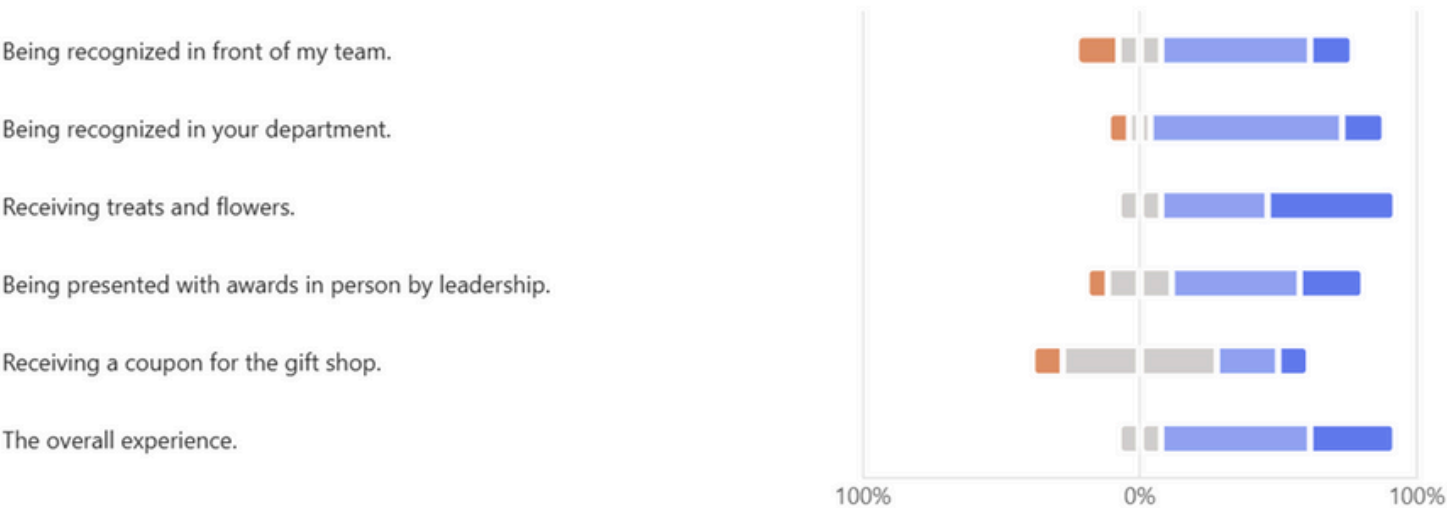
## You Said, We Did...

### How is Stoughton Health elevating your voice into action?

Last year we started the Daisy and Bee programs to recognize the efforts of nurses and support staff using these national programs. The programs kicked off celebrating staff with a rousing kazoo solo, donuts from Fosdal's, flowers, a coupon to the hospital gift shop, and a reading of the nomination by a member of the AC team. This May we wanted to make sure that we were on target with our celebrations, so we asked the 42 recent nominees to share about their experience. 13 staff responded:

### You Said:

● Strongly Disliked   ● Disliked   ● Neutral   ● Liked   ● Strongly Liked



They also overwhelmingly agreed that a coupon to the café would be preferred to one to the gift shop.

### We Did:

Based on feedback from staff we will continue to honor nominees mostly in the same way we have. We'll swap out the coupon for the café and will get daisy and bee cookies from the café but otherwise we'll stay the course.

When you use your voice at Stoughton Health it creates change. If you have an idea to make work better here at Stoughton Health, please reach out to Andy Boryczka at [aboryczka@stoughtonhealth.com](mailto:aboryczka@stoughtonhealth.com)



## **This Week in Engagement**

Every week the Administrative Council (AC) will give you a look into what they are working on to make Stoughton Health a great place to work and receive care. This week we're hearing from Chris Schmitz, VP HR and Facility Operations

### **What have you been working on?**

With June here it is officially weed growing season. We have noticed that with the added landscaping we are falling behind in keeping up the grounds. We apologize for this and hope to win the war on weeds soon and will need to address some dead plants.

There continues to be talk about a need for signage and customers finding the right doors for the services they are pursuing. We are aware of this too and accepting updates from our guest services staff daily.

On Thursday, Chris and Chris attended a conference on the resources artificial intelligence (AI) will deliver. We expect this will be discussed further as we move through our strategic planning process this summer. The possibilities are almost limitless.

At our AC meeting we approved nearly 10 open positions. Remember, most of you are eligible for a \$1500 employee referral so keep you an eye on our open positions.

### **Why is this important to staff?**

I appreciate a shared mix bag of communication above. I tried to address areas where we have had the most questions from staff so I hope my recap helps.

To find out more reach out to [cschmitz@stoughtonhealth.com](mailto:cschmitz@stoughtonhealth.com) or call 608.873.2396.

**Wednesday, June 25**  
Community Education Update

# Recliner to 5K

## Drop-In Q&A

**FREE**  
**5K Registration**  
**To The First**  
**20 People Who**  
**Attend the Q&A!**



**Have questions about the Recliner to 5K Training Program or the "On Your Bookmark... GO!" 5K Run?**

Join us for our drop-in Q&A session! This is your chance to get all your questions answered, and we'll also have resources available with tips and tricks to help you on your journey from the recliner to the finish line.

**Tuesday, July 22<sup>nd</sup>**

**Drop-In Between 5:15 p.m. - 6:45 p.m.**

**E.D. Locke Public Library**  
**5920 Milwaukee St, McFarland**

No registration is required for the Q&A—just drop in!

Have more questions, or prefer to talk by phone? Please call  
Andy at (608) 877-3485.



[StoughtonHealth.com](https://www.stoughtonhealth.com)



## **Community Education Update**

Huge shout-out to everyone who helped make our May community health classes and events a success! We hosted 10 different sessions, reaching over 200 amazing community members with valuable health information and resources. Our classes addressed the identified community health priorities of Chronic Conditions, Injury & Safety, and Mental Health & Substance Use.

From Dr. Lind's Spring Back from Ankle Pain online talk to Safe Sitter class held in McFarland it's clear our neighbors are eager to learn and connect.

Also, a special acknowledgment goes to our partners: the Stoughton Area Senior Center, Stoughton Public Library, and the Dementia Friendly Coalition. This collaboration enabled us to host almost 100 guests in the Bryant Center with a presentation by Dr. Zorba Paster titled "A Talk with Dr. Zorba Paster: How to Care for Yourself While You're Caring for Others with Dementia."



Thursday, June 26

EMPLOYEE ASSISTANCE PROGRAM

# COPING WITH DEPRESSION



While living with depression can be challenging, seeking treatment and maintaining a balanced lifestyle can help manage its symptoms and move you toward recovery. Many healthy lifestyle habits can improve your energy, mood, and both physical and mental health.

## Understanding Depression

Depression is a serious condition that affects millions of people from every demographic. Depression is not just the feeling of being sad. It's a disorder that can be devastating for individuals and their families. It creates challenges in daily life by:

- Draining energy and motivation
- Escalating negative thoughts
- Creating difficulty with managing emotions
- Decreasing enjoyment of life

Depressive disorders can be caused by trauma, genetics, changes in brain function, drug and alcohol abuse and other medical conditions or can occur spontaneously. While depression is a serious mental health condition, it is highly treatable and can be improved by self-care.

## Recognizing Signs and Symptoms

Someone who is suffering from depression often shows many outward signs and symptoms. Everyone has times when they feel sad or down, but that does not necessarily equal a depressive disorder. If you or someone you love suffers from the following signs and symptoms most of every day for at least two weeks, the first step should be taken to be evaluated by a mental health professional.

- Loss of interest in hobbies or other activities as well as general apathy
- Persistent feelings of sadness, guilt, hopelessness or worthlessness
- Fatigue or decreased energy
- Difficulty with memory, concentrating or making decisions
- Changes in sleep patterns, such as insomnia or oversleeping
- Suicidal thoughts or preoccupation with death
- Changes in appetite or weight
- Restlessness or irritability
- Headaches, aches and pains or digestive problems with no known physical cause
- Abuse of drugs or alcohol

The symptoms can vary from person to person or by gender, age and other factors. People suffering from depression might withdraw from others making it difficult for loved ones to spot the signs. You may need to recognize some of these symptoms in yourself or be prepared to start the discussion with a loved one and offer support and encouragement during their treatment.

## Treatment and Self-Care

**Stay connected and seek support.** Try to stay in touch with family and friends, and take part in social activities to avoid isolating yourself. If you've sought treatment and your plan includes therapy, make sure to keep appointments and stay connected with your mental health professional. You can also reach out to friends and family members who make you feel safe and cared for or join a depression support group where you can share experiences and encourage each other.

**Do things you enjoy and that are good for you.** Even if you lost interest in activities you previously enjoyed, it's worth the effort to try them again. Taking part in a hobby or social activity can make you feel more energetic and upbeat.

You can also boost your energy level and mood by getting a good night's sleep, maintaining a healthy diet and exercise plan and getting outdoors for a dose of nature and sunshine. Focus on managing your stress level and fitting in daily relaxation techniques.

**Identify and balance negative thinking.** Depression can create a pattern of negative thoughts. When you have pessimistic, hopeless thoughts, try to recognize them as symptoms of depression that are irrational and inaccurate. Once you identify the pattern of negative thoughts, you can replace them with a more positive, balanced way of thinking.

If you have previously tried self-help steps and your depression has worsened, you should meet with a mental health professional for an evaluation. After diagnosis, depressive disorders may be treated with medications, psychotherapy or a combination of treatments.

### References

**National Alliance on Mental Illness. Depression. (August 2017).** Retrieved on July 1, 2019, from <https://www.nami.org/Learn-More/Mental-Health-Conditions/Depression/Support>

**National Institute of Mental Health. Depression Basics. (2016).** Retrieved on July 1, 2019, from <https://www.nimh.nih.gov/health/publications/depression/index.shtml>

**Saisan, J., Smith, M. & Segal, J. (June 2019). Depression Treatment. HelpGuide.org International.** Retrieved on July 1, 2019, from <https://www.helpguide.org/articles/depression/depression-treatment.htm>

**Smith, M., Robinson, L. & Segal, J. (June 2019). Coping with Depression. HelpGuide.org International.** Retrieved on July 1, 2019, from <https://www.helpguide.org/articles/depression/coping-withdepression.htm>

**Smith, M., Robinson, L. & Segal, J. (June 2019). Helping Someone with Depression. HelpGuide.org International.** Retrieved on July 1, 2019, from <https://www.helpguide.org/articles/depression-helpingsomeone-with-depression.htm>



## Resources for Locating Mental Health Services

**National Institute of Mental Health.**  
[NIMH.NIH.gov/FindHelp](https://www.nimh.nih.gov/FindHelp)

**Substance Abuse and Mental Health Services Administration**  
[FindTreatment.SAMHSA.gov](https://www.samhsa.gov/FindTreatment)

**National Alliance on Mental Illness.**  
[NAMI.org/Find-Support](https://www.nami.org/Find-Support)

**If you or someone you know is in crisis, get help immediately.**

- Call your or your loved one's health professional
- Call 911 for emergency services
- Go to the nearest hospital emergency room
- Call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at 1-800-TALK (8255); TTY: 1-800-799-4TTY (4889)

— We are here for you —

For additional resources and assistance, visit **MutualofOmaha.com/eap** or call an Employee Assistance Program professional at **1-800-316-2796**



**Friday, June 27**

**SHINE Awards**

**To: Janel Minick**

**From: Kristin Brickl**

Due to staffing shortage, Janel performed xray and roomed for an entire ortho clinic. Janel's positive attitude made the clinic run so smoothly. Her energy and willingness to jump in brings joy to her team. She also recognized it was a patient's birthday today and gathered a card for the team to sign to help celebrate with the patient. Thanks, Janel, for going above and beyond today and always!  
Kristin

**To: Jenny Petersen**

**From: Nyesha Baker**

A huge thank you to Jenny and the radiology team for working together to help find a time to fit in a patient that came on the wrong day. The patient was already a little frustrated because he wasn't sure if he was in the correct location and then I had to break the news that the appointment was scheduled for a day next week. You all made his day 10x better! I appreciate the quick communication and commitment to care. :)

**To: Dacia Brunner**

**From: Andy Boryczka**

Dacia is a great leader! She drives accountability, supports her staff and rolls up her sleeves and leads from the front. It has been a great pleasure to watch her quickly build up the people around her and really impact Stoughton Health. Thank you for your awesomeness Dacia!

**To: Kathy Forbes**

**From: Melissa Monte**

Kathy is always willing to jump in and help out when and where needed. She is such a great team player, and I am lucky to have her on my team!



**Stoughton Health  
Employee Recognition**

Do you have a coworker you would like to recognize with a SHINE Award or nominate for Standards Honors Employee? The forms are just a click away on the intranet home page!

**To: Diane Johnson**

**From: Melissa Monte**

Diane came in on her day off to help out when a coworker called in sick. She is very willing to help out when needed, we are very lucky to have her as part of our team!

**Congratulations to our  
Environmental Services Team!**

Stoughton Health is proud to be recognized as one of the "350 Cleanest Hospitals" in the United States.